

THE SABBATH DAY

TEXT: Ex. 20:8-11 Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it..

INTRODUCTION:

- A. The first commandment says to worship God.
- B. The second forbids idolatry.
- C. The third demands respect for God's name.
- D. The fourth talks about a day of rest and worship.
- E. There are more words in this one commandment than in any other.
- F. This is the only commandment that is not repeated in the New Testament.

BODY:

I. LET'S LOOK AT THE WORDS (REMEMBER THE SABBATH DAY TO KEEP IT HOLY).

A. Remember:

1. Means-don't forget or observe faithfully. Remember means that the Jews knew something.
2. Some believe the Sabbath was kept since the time of Adam. No proof of this in the Bible.
3. Notice these Scriptures.
 - a. Deut. 5:1-3 And Moses called all Israel, and said to them: "Hear, O Israel, the statutes and judgments which I speak in your hearing today, that you may learn them and be careful to observe them. The Lord our God made a covenant with us in Horeb. The Lord did not make this covenant with our fathers,

but with us, those who are here today, all of us who are alive..

b. Neh. 9:13-14 "You came down also on Mount Sinai, And spoke with them from heaven, And gave them just ordinances and true laws, Good statutes and commandments. You made known to them Your holy Sabbath, And commanded them precepts, statutes and laws, By the hand of Moses Your servant..

c. Eze. 20:10-12 but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it. Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.

B. Sabbath Day.

1. Sabbath can mean-to cease, desist, seventh, or week.
2. The word Sabbath was not only used to refer to one day out of seven.
3. There were actually eight classes of Sabbaths- Lev.26:2. **You shall keep My Sabbaths and reverence My sanctuary: I am the Lord.**
4. Every 50 years there were 5,785 Sabbath Days.
5. Almost 16 of the 50 years were called Sabbath.
6. Notice the days every 50 years.
 - a. Sabbath days (Saturday)-2,600.
 - b. Passover-100.
 - c. Day of First Fruits-50.
 - d. Feast of Trumpets-50.
 - e. Feast of Tabernacles-50.
 - f. Sabbath of Years-2,520.
 - g. Years of Jubilee-365.
 - h. Day of Atonement-50.

C. Keep It Holy:

1. Holy-different.

2. How was this to be done?
 - a. Jews were to work six days and rest the Seventh.
 - b. Why? God did so as an example- Gen. 2:2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done..
3. This commandment does not degrade work.
 - a. Gen. 2:15. God told man to tend the garden. Then the Lord God took the man and put him in the garden of Eden to tend and keep it.
 - b. Jn. 5:17 But Jesus answered them, "My Father has been working until now, and I have been working."
 - c. 2 Thess. 3:10 For even when we were with you, we commanded you this: If anyone will not work, neither shall he eat.
 - d. There is a time to cease from our labors- Mk. 6:31 And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat.
4. Notice what the Jews were not allowed to do:
 - a. Not to plow or reap- Ex. 34:21 Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest.
 - b. Press wine or carry goods- Neh. 13:15 In those days I saw people in Judah treading wine presses on the Sabbath, and bringing in sheaves, and loading donkeys with wine, grapes, figs, and all kinds of burdens, which they brought into Jerusalem on the Sabbath day. And I warned them about the day on which they were selling provisions
 - c. Kindle a cooking fire- Ex. 35:3 "You shall kindle no fire throughout your dwellings on the Sabbath day."
 - d. Bear burdens- Jer. 17:21-22 `Thus says the Lord: "Take heed to yourselves, and bear no burden on the Sabbath day, nor bring it in by the gates of Jerusalem; "nor carry a burden out of your houses on the Sabbath day, nor do any work, but hallow the Sabbath day, as I commanded your fathers
 - e. Trade- Amos 8:5 Saying: "When will the New Moon be past,

That we may sell grain? And the Sabbath, That we may trade wheat? Making the ephah small and the shekel large, Falsifying the scales by deceit,

5. Those who violated these laws were to be put to death. Num. 15:32-36 2
Now while the children of Israel were in the wilderness, they found a man gathering sticks on the Sabbath day. And those who found him gathering sticks brought him to Moses and Aaron, and to all the congregation. They put him under guard, because it had not been explained what should be done to him. Then the Lord said to Moses, "The man must surely be put to death; all the congregation shall stone him with stones outside the camp." So, as the Lord commanded Moses, all the congregation brought him outside the camp and stoned him with stones, and he died.

II. WHY KEEP THE SABBATH?

A. A day of rest for man and beast.

1. Ex. 20:10 but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.

2. Deut. 5:14 but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your male servant and your female servant may rest as well as you.

B. A day to Remember.

1. Ex. 20:11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.

2. Deut. 5:15 And remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.

C. A sign- Ex. 31:17 `It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.' "

D. A day for Worship- Lev. 26:2 2 You shall keep My Sabbaths and reverence My sanctuary: I am the Lord.

III. THE NEW TESTAMENT AND THE SABBATH?

A. When was the Sabbath Day changed from the Seventh Day to the first day of the week? It never was!

B. People say:

1. Jesus kept the Sabbath so should we.

- a. True, Jesus kept the Sabbath.
- b. Jesus kept the whole law.
- c. He lived under that system- Gal. 4:4 But when the fullness of the time had come, God sent forth His Son, born of a woman, born under the law,

2. Paul and the other Apostles kept the Sabbath after Jesus' death so should we.

a. Acts 13:14 is an example. But when they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on the Sabbath day and sat down.

b. Every time the Apostles preached on the Sabbath Day one of the following three things happened:

(1). They were thrown out, beaten, asked to leave or something very adverse happened to them.

(2). Some said they wanted to hear more about this teaching.

(3). They were converted to Christ.

c. They were not going there to worship but to make converts of the Jews.

3. Heb. 4:9 says we are still to worship on the Sabbath. There remains therefore a rest for the people of God.

a. In context the writer pointed out that Israel wandered in the wilderness and failed to enter into the Canaan rest.

b. He used Israel as an example to warn Christians, that we could perish in the wilderness of this world and fail to enter into our rest, better known as heaven.

C. The New Testament teaches that the Sabbath has been abolished.

1. 2 Cor. 3:6- who also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life. V 14 But their minds were blinded. For until this day the same veil remains unlifted in the reading of the Old Testament, because the veil is taken away in Christ.

2. Gal. 5:4 You have become estranged from Christ, you who attempt to be justified by law; you have fallen from grace.

3. Eph. 2:15 having abolished in His flesh the enmity, that is, the law of commandments contained in ordinances, so as to create in Himself one new man from the two, thus making peace,

4. Col. 2:14-17 having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ.

5. Heb. 7:12 For the priesthood being changed, of necessity there is also a change of the law.

6. Heb. 8:6 But now He has obtained a more excellent ministry, inasmuch as He is also Mediator of a better covenant, which was established on better promises.

7. Heb. 9:15 And for this reason He is the Mediator of the new covenant, by means of death, for the redemption of the transgressions under the first covenant, that those who are called may receive the promise of the eternal inheritance.

8. This was foretold by the Old Testament prophets 800 years before Christ- Jer. 31:31-33 Behold, the days are coming, says the Lord, when I will make a new covenant with the house of Israel and with the house of Judah-- not according to the covenant that I made with their fathers in the day that I took them by the hand to lead them out of the land of Egypt, My covenant which they broke,

though I was a husband to them, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put My law in their minds, and write it on their hearts; and I will be their God, and they shall be My people..

IV. THE FIRST DAY OF THE WEEK IS SUPERIOR TO THE SABBATH DAY.

A. The Greatest event in history occurred on the first day.

1. Mk. 16:1-9 Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him. Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen. And they said among themselves, "Who will roll away the stone from the door of the tomb for us?" But when they looked up, they saw that the stone had been rolled away--for it was very large. And entering the tomb, they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him. But go, tell His disciples--and Peter--that He is going before you into Galilee; there you will see Him, as He said to you." So they went out quickly and fled from the tomb, for they trembled and were amazed. And they said nothing to anyone, for they were afraid. Now when He rose early on the first day of the week, He appeared first to Mary Magdalene, out of whom He had cast seven demons..

2. Christ appeared on the 1st day of the week 5 times after His resurrection.

3. Every time the day is told it is the First Day.

B. The Greatest Memorial- Acts 20:7 Now on the first day of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight.

C. The Greatest Blessing-giving on the First Day- 1 Cor. 16:1-2 Now concerning the collection for the saints, as I have given orders to the churches of Galatia, so you must do also: On the first day of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come.

D. The Church Began on the first day of the week.

1. Acts 2:1 When the Day of Pentecost had fully come, they were all with one accord in one place.

2. Lev. 23:15-16 `And you shall count for yourselves from the day after the Sabbath, from the day that you brought the sheaf of the wave offering: seven Sabbaths shall be completed. Count fifty days to the day after the seventh Sabbath; then you shall offer a new grain offering to the Lord.

E. The First day is called the Lord's Day- Rev. 1:10 I was in the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet,

CONCLUSION:

A. We are not under the Sabbath Law.

B. We are to meet on the Lord's Day (Sunday).

C. Man still needs to:

1. Remember (Lord's Supper).

2. Be holy.

3. Rest.

4. Worship.

D. Bastsel Barrett Baxter pointed out that the average life span is made up of ten years of Sundays! How will we use that large block of time?